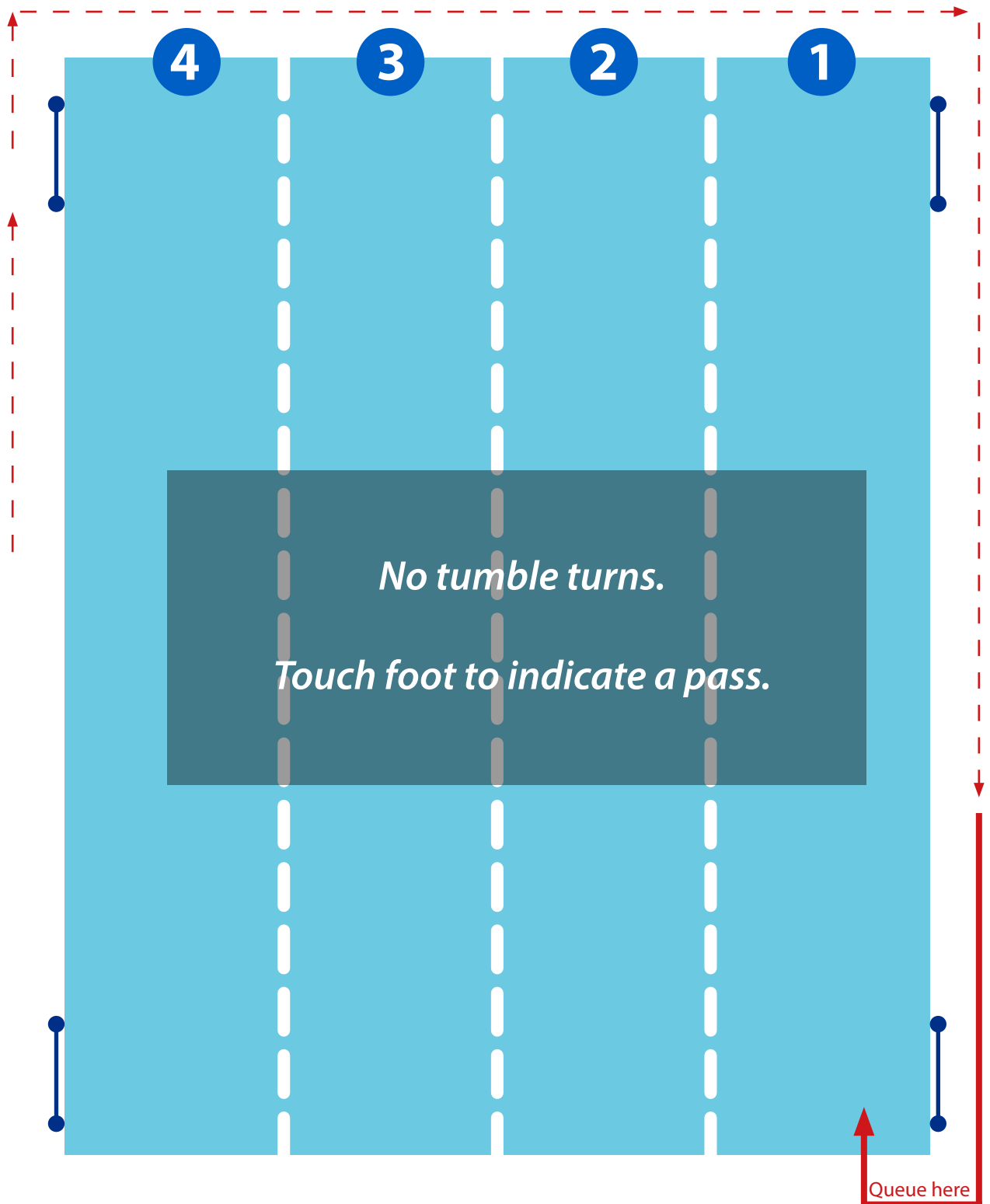




Swimming Layout



***Start queuing to the side 10 mins before off time.
One entrant in the pool every 30 seconds.***

Sauna

Check you have a number visible.



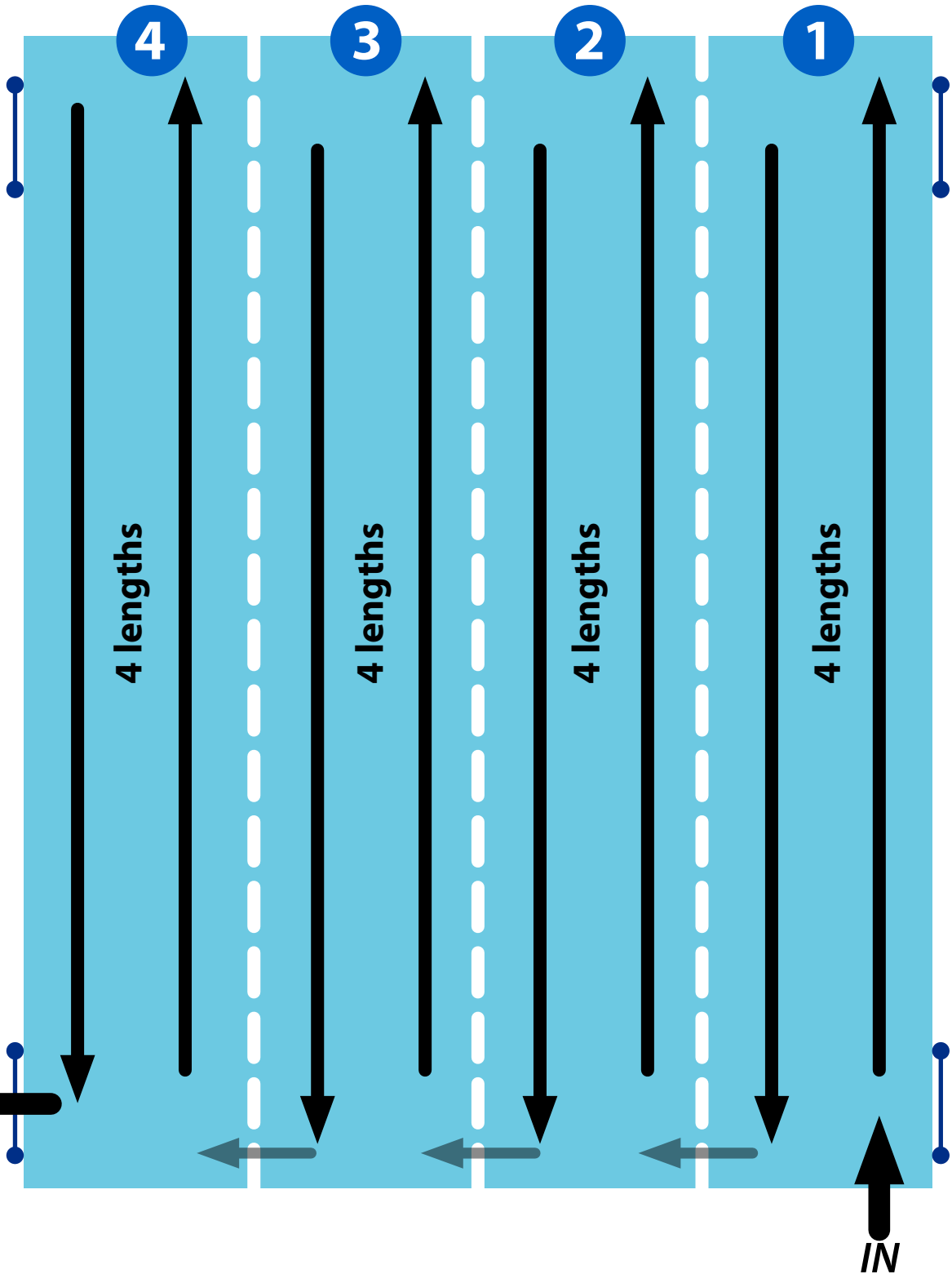
Swimming Layout



Boys
changing
room



Girls
changing
room



4 lengths in each lane

16 x 25m = 400m total

Sauna

Count 4 lengths then duck under
to next lane x 4 sets